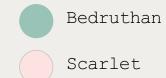
## Anthony Mullally (From April - July) Upcoming Wellness Workshops



	16 <sup>th</sup> May	24 <sup>th</sup> May	13 <sup>th</sup> June	27 <sup>th</sup> June	12 <sup>th</sup> July	26 <sup>th</sup> July
8am - 9am	Apnea Pool Training		Apnea Pool Training	Apnea Pool Training	Apnea Pool Training	
8am - 8:45am		Outdoor Circuits				Outdoor Circuits
9:30am - 10:15am	Functional Fitness					
11am - 12pm	Breathwork & Mobility					
1pm - 2pm	1:1 Sessions					
2:15pm - 3:15pm	1:1 Sessions					
3:30 - 4:30pm	Breathwork & Mobility					